

3. Legs.

1. H's straight but not tense, toes turned in toward B.
2. Thrashing up & down. Emphasis more on up.
3. Motion starts in hip jts, then slightly cr & 4 relaxation.
4. Legs relaxed - wat. none ft.
5. H's not farther than 8-12" apart. - Wider dist slower.
6. Dive - "Beat" no. of Beats & complete A cycle - either 6-8 or 12.
7. Feet just blow surface in "flutter kick"; BK arched.

4. Breathing.

1. H. rotation to one side.
2. As L. A. finishes drive & rt to recovery - B rolls slightly to rt. & H. turns toward rt. side - top of H. shielding mouth from waves.
3. Exhalation made as L. A. starts recovery & rt - drive.
4. B then rolls bk to prone pos & on, little to rt. as L. A. finishes recovery & starts drive & rt finishes its drive & starts to recovery.
5. Exhalation made when face cuts water any place from lower part of H 2 slow chin.
6. Complete breathing cycle made as complete stroke.
7. Can be completed as H rotates & take air & vent in let.

Crawl.

Swimming Water Sports & Safety
Boy Scouts of America

The Stroke:-

1. Body lies flat as possible on water.
2. Arms execute alt. motion pulling from overhead down under body & recovering out of water at thigh.
3. With motion of A's, L's do series of short alt up & down strokes.
4. Breath taken in by turning H. sidw. & catch of air.
5. H. turned down. & breath exhaled thro' nose, nose & mouth, under water.

Arm Movement -

1. Catch of A's overhead in line w shld, neither across median line of body nor too far to side.
2. Reach far fwd as high shld & elbow permit.
3. No overreaching involving dropped el & low shld.
4. Immediate pressure down on palm, forearm & upper arm, drawing A down & little inward from straight line, then sliding out past thigh with fairly straight elbow.
5. Recovery - 2 moves - muscles relaxed.
6. Quick ad. of elbows, bring hd close to H.
7. Slow movt of hd & A fwd to catch position.
8. Body flat. Slight roll in recovery of A's.
9. Head rigid - waterline across forehead.
10. No displacement of shlds in breathing.

Leg Movements -

1. Alt up & down motion from hips.
2. Kind of motion in knee & ankle depends on flexibility of jts.
3. Kicks coming from T. & whipping down. thrs' knee & ankle.

4. Width of kick depends on length of legs & rhythm of individual.

Rhythm & Breathing

1. Rhythm that each A pulling on catch 64 A leaves in recovery.
2. Inhalation takes little time - exhalation longer.
3. Breath exhaled immedi. after inhal. & ready & rest.
4. Rhythm or beat of legs est. stroke no: 2, 4, 6, or 8 st, crawl.
5. Stroke takes description from no. of beat. kicks of L's & full count of 2 A's.

Swimming.

Beginners First Lessons: -

1. Inspiring novice with confidence.

Sit about the edge of the swimming pool, rest the feet on rail, or in water. Join hands, and at a given signal slip into the shallow water feet first.

2. Grasp the railing or join hands in a line or circle formation. Enter into the spirit of jumping the breakers with carefree abandon, using high out of the water then submerging the shoulders or dipping under. Not too gay - take it easy — the idea is to teach balance and muscle relaxation.

3. Walking Race - Teams line up on opposite sides of pool, join hands and upon given signal race to the centre, then about face, return with hands joined.

4. Chain Race - Stand in column formation, place the hands around the waist of the person in front of you, and at a given signal, race to the opposite side attempting to get there, by jumping, walking, running, etc. without breaking the chain.

5. Ball Tag - The players are scattered around the shallow end of pool. One is "it" and has a ball. The one with the ball throws it and tries

to hit one of the players. When hit with the ball that player is "it".

6. Couple Tag. - Players are in couples with hands joined. One couple is "it" and tries to touch other couple without letting go of hands. Letting go of hands while being chased makes that couple "it". If one of the couples is touched they become "it".

7. Join hands in shallow water, jump up & down submerging ^{1/2} to the shoulders then, entire head. Come up Smiling.

8. Join hands in two's. Submerge heads and look at each other under water.

9. All form a line along the edge of the pool. At a given signal walk as fast as possible to the other side of pool.

10. Pick up objects from bottom of pool in shallow end. Give each person 4 objects to be picked up. See who can pick up all five.

Breathing.

1. Ducking the Breakers:

Join hands in 2's, line or circle formation. Jump several times in place, then as imaginary wave is about to break duck under.

2. Diving for Objects.

A variety of these games may be enjoyed, such as counting each other's fingers under water, diving toward each other's feet, or picking things up.

3. Under - Water Tag.

One or more players may be appointed "it". To avoid being tagged, player must duck his head under water.

4. Give each member of class a no. Have them form a O. Throw an object into the centre of O & call a no. at same time. The one whose no. is called must try to recover the object before it goes to the bottom.

5. Pick Up -

Players choose 2 teams. About 25 objects are put on bottom of pool. The 2 teams enter the water from a sitting dive into the pool. The team picking up the most objects wins.

6. Have pupils form a line along one side of pool. At a signal, grasp ankles & "race" to see who can walk the farthest.

First Steps in Swimming.

I. Inspiring Confidence.

1. Teacher or assistant in water and greet each beginner personally.
2. Water shallow - waist deep ideal.
3. Slip into water - support each beginner individually on entering if necessary.
4. Hang onto the edge of pool or practice rail.
5. Move about the water with hands supported first.
6. Practice removing one hand at a time gradually work for ability to move quietly about in the water - at first close to side, then in circle, hands joined, then alone.

Simple Games

Follow the leader.

Pigeons on Perch.

Picking up Floating Objects.

II. Learning to Breathe.

1. Practice with head above water breathing in through mouth - out of nose.
2. Breathing out through nose, blowing bubbles in water in cupped hands.
3. Gradually blow bubbles just on surface.
4. Learn to hold breath with face in water - practice holding for 2-3-5-7-10 sec. - eyes open.
5. Combine holding breath and blowing bubbles.

6. Bobbing - i. - 6. rhythmical bubble blowing. Beginners should be able to blow bubbles rhythmically before games of submerging are played.

III Muscle Relaxation:-

1. Learning to breathe in through mouth with relaxed lips.
2. Learning to open eyes in water.
3. Practise lifting the face from the water without rubbing eyes. (this is apt to cause irritation as well as tension).
right forefinger touching of eye. looks at first, finally unnecessary.
4. Moving with long loose legs and arms through water.
5. Allowing arms to rest lightly on the surface of water and gripping the edge of the pool lightly.

IV Water Balance.

1. Learning to stand up in water by practising holding onto the edge of the pool - lift knees to chest and press down with feet & hands.

Breathing.

- Have the students stand in water facing the instructor. Without putting their faces in the water have them breathe In through the mouth, Out through the nose, taking in quicker inhalation than exhalation.
- Practise the same starting with the shoulders submerged and putting the face in the water to exhale. While this is being done the instructor should look for bubbles around the student's head, which is an indication that they are pushing the air out under water. If not To help, suggest a deep sigh.
- Have students practise opening their eyes under water & breathing out at some time. To help accomplish this:-
 - Going hands in D's, submerge, look at each other under water & breathe out.
 - Putting face in water, open eyes, and count toes.
- Hand drill often of great aid.
 - Breathing in thru' mouth - out rose.
 - " " " " " " " " mouth & then thru' nose.
- Rotary breathing lying down in shallow water.
- Rotary breathing standing in waist deep water, hands on knee.

Inspiring Confidence.

1. Have children become at home in shallow water. No splashing or ducking or pushing allowed that would frighten them.
2. Be always at hand to help child in and out of pool.
3. Should be definite relationship between swimming & instinct of play.
 - (A) Making fish pen or fish bowl.
 - (B) Free play with toys or apparatus.
 - (C) Boat making & sailing.
4. Imitation of common animals — Ducks, seals, turtles, jelly-fish, frog, porpoises.
5. Imitation of common objects — Steamboats, logs.